

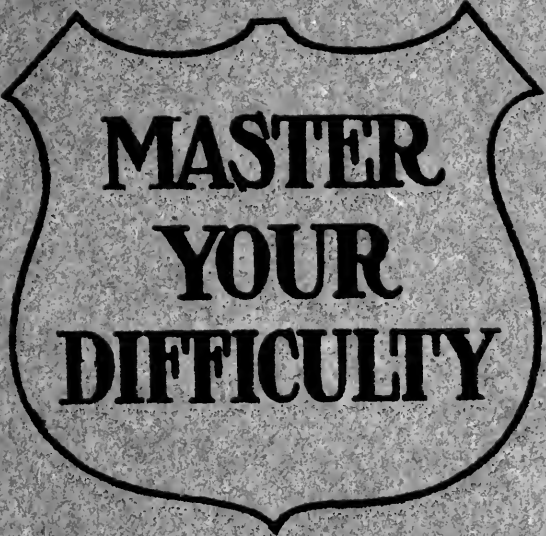
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SPRAY FROM THE OCEAN OF THOUGHT



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HARRY SHOBBROOK COLLINS



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SPRAY FROM THE OCEAN
OF THOUGHT



SPRAY FROM THE OCEAN OF THOUGHT

BY
HARRY SHOBBROOK COLLINS



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DEDICATED
IN LOVING MEMORY
TO THE FACES THAT ARE GONE

“Memory and affection are not limited to that association with matter by which alone they can manifest themselves here and now, and personality persists beyond bodily death.”

—SIR OLIVER LODGE.

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SPRAY FROM THE OCEAN OF THOUGHT

“MASTER YOUR DIFFICULTY”—When we, by our own efforts, Master our Difficulty, overcome obstacles in our path, we inevitably draw additional help and strength from the entire universe. In proportion, as we help *ourselves*, so are we by a fixed law of nature helped by higher forces, though we may be unconscious of the source of our strength.

GATHERING shells by the ocean reminds one of gathering pleasures along the pathway of Life. The realization of our wishes generally falls short of our anticipations; even as, on securing a beautiful shell from the sea, it loses part of its iridescence as soon as taken from the water—and we have become possessed of that for which we so much wished.

A MAN's character is generally written so plainly on his face that if, in deciding thereby, you do not happen to make a “bull's eye,” you are pretty sure to hit the target somewhere.

EVEN as a tree is pruned to cause it to bear better fruit, so should we eliminate all superfluities from our minds, and give the good and true more room to flourish.

SPRAY FROM THE OCEAN OF THOUGHT

WHAT we regard at the time as a great catastrophe, may, viewed through the light of subsequent events, turn out to be a blessing in disguise.

THE more a person really knows about a subject, the less likely is he to indiscriminately talk about it.

FIRST make up your mind as to the validity of doing an action; then do it—as soon as possible.

THERE is no surer guide to the general trend of a man's character than his favorite books.

THE best preparation we can make for the next world is to do our best in this.

THOSE to whom labor is unknown cannot enjoy the exquisite delight of a well-earned rest.

To be able to use the tongue fluently is undoubtedly a great advantage in many cases; but the power to keep silent is equally advantageous.

UNDOUBTEDLY the greatest happiness consists in making others happy. As a general rule, to pursue happiness alone is like chasing a jack-o'-lantern—as we approach, it recedes. But not thinking of ourselves, let us make someone else happy, and lo! the happiness inevitably recoils on us. As the Bard of Avon says of Mercy, "It is twice blest; it blesseth him that gives and him that takes." It is impossible to do a good action for another without deriving benefit ourselves.

SPRAY FROM THE OCEAN OF THOUGHT

OF TIMES that which is ascribed to genius should more properly be attributed to that silent giant, *concentration*, which is the lever by which mountains can be removed.

Do not read great authors solely with a view to inoculating yourself with their idea on a certain subject; but reason the matter out and form an opinion of your own.

WE, by our actions here, build up for ourselves our future state, either for good or ill. Let us keep this thought in mind and remember that each one of us must work out his own salvation, sooner or later.

THROUGH reading good books our minds become filled with good thoughts; and good thoughts lead to good actions.

REMEMBER that Method, Punctuality, and Perseverance are the three essentials to success in any line of action.

NEVER abandon a task at first sight as being too difficult to be undertaken; make a start and the chances are that you will not find it half as difficult as you had imagined.

“FINE feathers make fine birds”; but never yet did fine clothes make a lady or a gentleman.

THE way to shoot the many rapids which are to be encountered during the course of a lifetime is to man your barque with Truth, Honesty, Courage and Energy, and to have Hope at the rudder.

SPRAY FROM THE OCEAN OF THOUGHT

DEATH: The turnstile to a higher life.

A VERY large proportion of the unhappiness in this world is caused by anticipating casualties which never take place.

PATIENCE is the keynote of many a chord in which success is struck.

WHAT different notions many people would have, who, if instead of standing on the edge of the boisterous pool shouting advice to the swimmer within, were to find themselves in his place!

REMEMBRANCES of happy days gone by are unfading flowers pressed in the book of Memory.

THE merits of a book are seen in due proportion to the mind of the person reading. No two people can ever read a book from exactly the same point of view. Each reader automatically weaves, between the lines, thoughts of the past or dreams of the future, which have been awakened by the sympathetic chords which the author has struck; and it largely depends on the number of chords struck how much we enjoy and profit by the book. Looking at the matter from a perfectly natural standpoint—that of evolutionary growth—even as we are ever enlarging our ideas and adding to our store of memories, so we can never re-read a book with exactly the same emotions as before. Many heartstrings, erstwhile silent, will vibrate in sympathetic harmony with divers chords which the author has struck, and in so doing call forth an attendant train of thought. It is not the quantity of matter we read, but that which we assimilate, which does us the most good.

SPRAY FROM THE OCEAN OF THOUGHT

EDUCATION is to a man what the process of polishing is to marble or granite.

MATERIALIZED your prayers; let not your "*Te Deums*" be mere words—let them be deeds.

ONCE having determined in your conscience that you are sailing under the right colors, nail them to the mast.

Do not put much faith in a man who boasts of never having been taken in by others. Even as blows on the skull are said to strengthen it, so experience "bought" strengthens the moral character of an individual. *Experientia Docet*.

AUTUMN always reminds one of old age; then comes Winter, the—to use our poor word, as Oliver Wendell Holmes says—Death; which is but the dark hour that precedes the dawn of vernal Spring.

WE are apt to judge the talents of others, not by any fixed standard of excellence, but by our own talent, relative to the subject at issue.

THE more difficult the subject, the greater impetus it should give us to persevere in our endeavors to master it; because in proportion to the difficulties to be surmounted, will be the number of competitors in the race.

THERE are, alas! many people who remind us of the weather-cocks on the church steeples: they are all the time being turned hither and thither on the breeze of other peoples' opinions!

SPRAY FROM THE OCEAN OF THOUGHT

CHARITY: The essence of Christianity.

Avoid tale-bearers even as you would a venomous serpent. "Mind your own business" is one of the finest mottoes extant; and the one who does so has no time, neither inclination, to pry into the affairs of others.

A GREAT talk is sometimes made about the frailty of woman. We have never yet come across half a dozen men, who could in any way compare in stability with six of the "weaker" sex whom we could pick from amongst our acquaintance. If ever there is a revised edition of old proverbs issued, we would respectfully make the suggestion that, instead of "Frailty, thy name is Woman," it should read, "Frailty, thy name is Man."

LET us in charity remember that the many different opinions on a subject are formed from the point of view of the utterer. The higher we climb, the more extended is our range of vision.

LET us regard each new day as we used to the first page in our copybooks, when children at school; that is, put forth our best efforts in connection therewith, and do our best to keep the same free from blots and blurs.

Too much success at the start has oftentimes been the cause of subsequent failure.

SPRAY FROM THE OCEAN OF THOUGHT

DOES it not seem, at least, paradoxical, that the very people who are loudest in the praise of an all-powerful, personal God, are the first to attribute to the *devil* any seeming wonder that they do not happen to understand.

ONE powerful aid in exorcising the demon of worry from our minds is to strenuously avoid, as much as possible, using even the word.

WHILST we are ever living in the present, let us not forget that memory can only dwell in the past—to which is being added each fleeting moment.

THANKS to the popular art of photography, we can now, with materialized memories, vividly recall the pleasant moments of our ramblings.

FROM babyhood to the grave, what is there so comforting in time of sickness or sorrow; so strengthening in the hour of fear; or when we have allowed the “cares that infest the day” to twang on our heart strings and create discord within us—what so harmonizing and soothing—as the gentle pressure of a sympathetic hand.

MANY people are like oil paintings; seen to the best advantage from a little distance.

As a creator of harmony in connection with the nervous system, which in turn acts directly on the physical, music is destined to become widely known as a most pleasing and efficient therapeutical agent.

SPRAY FROM THE OCEAN OF THOUGHT

No one so poor but that they can at least donate a kind word or a smile; a small offering, maybe, but who can estimate the result thereof?

A VAST number of us, instead of getting the most we can out of our present environment, are ever wondering what is "just around the curve."

ONE of the many lessons which the camera teaches us is that one all-important item to be considered, in connection with any subject, is *the point of view*.

ALMOST everyone is naturally endowed, more or less, with an appreciative faculty for the humorous; but for a reader to thoroughly realize and appreciate the sweetest, tenderest, most pathetic utterances of the pen, he or she must at some time, in days gone by, have passed through very similar experiences, and so the chords of memory vibrate in sympathetic harmony.

WHEN we strip from the various great religions of the world the parasitical accumulations of past ages and come to their true centre, we find that, except in name, there is, in their fundamental principles, but little difference.

SOME of the most beautiful, inspiring thoughts that have ever been voiced have been rejected by their hearers because the moral rectitude of the utterer was doubted. Instead of refusing to assimilate a high and noble thought, because of the source from which it emanates, would it not be better to remember that truth is truth, wherever and however found; and, like "Sunshine, broken in the rill, though turned astray, is sunshine still."

SPRAY FROM THE OCEAN OF THOUGHT

IN inverse proportion to their knowledge of any new subject are the vehement assertions and bitter denunciations of its opponents.

THE most supreme feeling of conscious power is that caused by having conquered *one's self*.

APART from any so-called religious view of the matter, one day in each week should be kept, as much as possible, as a Day of Rest. It is better so for the individual, and therefore better for the country generally.

WHATEVER is sinful on the Sabbath is equally so on the other six days of the week. From a moral standpoint, every day should be a Sunday.

OFTTIMES, the sweetest, tenderest thoughts are those which, though unexpressed, are felt by those whose souls are in harmony.

THE intensity of our joys and sorrows admits of no fixed standard, the degree of everything being based on relativity.

As surely as dripping water wears away a stone, so surely, in the course of time, do one's thoughts effect, through the medium of expression, an organic change in the contour of our faces.

AIM high, make a target of the stars if you will—but don't forget to keep your feet on *terra firma*.

SPRAY FROM THE OCEAN OF THOUGHT

HUMOR, blessed humor! what a balm of Gilead thou art to the wounded spirit; what a solace in the time of trouble; how many thou hast saved from a broken heart, when they have awakened to the cruel reality that the "Saint Cecilia" of their dreams had not enough music in her soul to enable her to operate a hand-organ!

YES and NO: two of the shortest words, yet withal the most powerful, in their influence for good or ill.

WHENEVER you begin to feel "blue" and have an inclination to view things in a gloomy, apprehensive spirit, start in and *do* something; work is the sovereign safeguard against worry.

IF you have anything pleasing which you feel you want to say to a friend, regarding himself, do not hold back from the fear that it may be thought flattery—*say it*. Do not try to suppress it; expression is Life. One is apt to hear disagreeable things quickly enough; therefore, if you have a flower to throw occasionally, don't stay your hand.

MERE words do not constitute a Prayer. Prayer is earnest aspiration, coupled with Faith, which is the "substance of things hoped for."

A GROUP of pretty young girls invariably reminds one of a flower garden, the physical and mental attributes of each individual suggesting some particular flower; the gamut ranging from a seeming incarnation of the sweet little violet or the fragrant, clinging stephanotis to the sensitive mimosa or the sturdy, self-reliant sunflower.

SPRAY FROM THE OCEAN OF THOUGHT

IN our childhood, old Father Time moves along as though his feet were encased in weighted diver's boots; in later years, he glides by as though on ball-bearing roller skates!

SOME names we literally "fall in love" with at sight; and thus, through the name, we feel drawn to the unknown possessor. On the other hand, it sometimes happens that we grow to love a name, after knowing the owner.

ONE of the simplest, most common, most convincing, yet withal most ignored demonstrations, from a so-called scientific point of view, of the therapeutical power of Mind, is evinced over and over again by little children. Who has not seen a little tot, after getting pretty badly hurt, run to mamma for her to "kiss the place and make it well"? And when mamma says, "There, it's all gone; baby's all right now"; have we not seen the little face, which just before was suffused with big tear-drops, brighten into a smile, and away the little patient runs, all the pain having disappeared. Yet as we grow older, instead of the idea suggested by this simple method of treatment, being allowed to remain and grow with us, we have been given to understand that such was only of benefit to the "imagination" of the infantile mind. *Why?* Are not the fundamental principles of all the different methods of metaphysical healing demonstrated when a mother "kisses away the pain" from her little child? Is it consistent to use and believe in the efficacy of such a method of treatment for the little ones, and then ridicule what is practically the same power at work in the adult?

SPRAY FROM THE OCEAN OF THOUGHT

OLD bachelors, like old port, are generally "crusty."

SOME of the sweetest, tenderest souls have been "old maids," and at times, when in an unguarded moment, they have thrown open for an instant the secret chamber of their hearts, one has realized how that, hidden beneath a calm, cheerful, sunny exterior, they have ever carried with them an aching void, which only the ties of motherhood, innately dear and sacred to all true women, could fill.

OFTTIMES a line of thought is lying dormant in our minds, of which we know not the existence even, until perchance some stray word uttered by a friend acts like an electric spark on a train of gunpowder; and lo! a new idea is evolved within us.

TIME, the great healer of our wounds, enhances e'en our deepest sorrows with the soft, mellow tints of an Indian Summer.

How much more we enjoy a lovely sunset, a beautiful picture or a pathetic story, if, in our admiration or sympathy, we have company.

THE prettiest face, unless lighted from within by the unextinguishable light of a beautiful soul, suggests to one the idea of a scentless rose.

OH the comfort of being able to pour out one's thoughts in a friendly letter! In talking, many of us feel more or less handicapped; but in writing a letter to one whom we feel is *en rapport* with us it is as though spirit communed with spirit, all material limitations being eliminated.

SPRAY FROM THE OCEAN OF THOUGHT

WHENEVER we see a man or woman apparently on the downward road let us not grease his or her path by our condemnation; rather let us, in the name of sweet Charity, which knowing all, forgiveth all, sprinkle a little sand of sympathetic kindness on the track; it may arrest their course, and so mark a turning point in their lives.

IT requires but a little study of dogology to discern that there are gentlemen and toughs in the ranks of dogdom, as well as in the ranks of men.

THE size of a man's bank account is very often in inverse proportion to the size of the diamonds he wears.

NEVER run away from anything or anybody; but if absolute necessity suggests to you the expediency of such an action do as many a good man has done before you, viz. *change front*; and then without inculcating your self respect, you can "hit the trail" for all you are worth.

IF, when reading an article on any subject, you are without question willing to accept as *true* a fundamental hypothesis, you then become receptive to the, ofttimes, narrow and biased views of the writer, thinking the while that all his ideas and assertions are so straightforward and logical, forgetting that the same are based on no more solid foundation than a mere supposition.

WERE it not for the rain, we could have no "bow in the clouds"; so, were it not for the sorrow in our lives, we should miss many a rainbow of calm, peaceful beauty, which can only be seen through tears.

SPRAY FROM THE OCEAN OF THOUGHT

WHO can measure the silent and powerful psychological influence that pictures have on our lives? Some one has truly said: "A room hung with pictures is a room hung with thoughts." Each picture engenders within us a specific thought or line of thought, and, as "each passing thought will leave a trace, indelible upon the face," so by a slow, but nevertheless sure, cumulative process, not alone is our mentality affected, but organic changes are being silently but surely effected in our faces—which are but the outward and visible expression of our thoughts.

WE cannot hold the happy moment, but we can string a Rosary of sweet remembrances, which will often be to us a source of happiness, inspiration, comfort and strength.

THANKS to the universal law of Compensation, the natures which are most keenly sensitive to mental pain are generally, also, as keenly sensitive to mental pleasure. Therefore, though they may feel intensely hurt for the moment, by little disappointments, etc., encountered on the pathway of Life, which many would take no notice of, on the other hand, they gather much pleasure by plucking many beautiful flowers by the way—flowers that would be passed by, unnoticed, by those less sensitive.

TASTE in dress does not consist in being arrayed like the latest fashion plate, but in being clothed in the style that is best suited to one's individuality.

SPRAY FROM THE OCEAN OF THOUGHT

BECAUSE a man or woman does not brood and worry over the many little troubles that are encountered in the journey through Life, is no criterion that that person is insensible to the pangs of sorrow or anguish, or that their capacity for suffering is not as highly developed as many who never weary in talking of their trials and tribulations. Many who present a smiling and philosophical mien to the world, just after their sorrow, have, maybe, suffered as much, probably a great deal more—so intense was their suffering while it lasted—as those who by careful nursing and futile worrying prolong their troubles.

THERE is seldom a Rosary of happy memories that has not a Cross at the end.

IN suppressing Sympathy we crush one of the most fragrant flowers that bloom in the garden of the heart.

IT matters not, be the clouds in our mental sky real or only imaginary, the shadows cast upon us are, for the time being, equal in their intensity.

THE “sacred” bonds of matrimony, like the make-up on the face of a vaudeville actress, should generally be viewed from a little distance. Very seldom can the matrimonial knot withstand the ordeal of having a searchlight focussed on it.

A TRUE marriage—which can only be when soul is united to soul—is the happiest, most blessed state under heaven; nay, it is heaven.

SPRAY FROM THE OCEAN OF THOUGHT

A MAN or woman who journeys from the cradle to the grave alone, has only lived half a life.

THE most pitiful estrangements which occur between erstwhile friends are those which are caused by simple misunderstandings which often seem to make them both sorrowfully dumb; and so the few words which would have explained all are never spoken.

A LIFE all sunshine would soon become exceedingly monotonous and vapid. All our pleasures are derived from a sense of contrast; and were it not for the rain in our lives we could not appreciate the sunshine as we do, the degree of our enjoyment being always based on Relativity.

ROWING: With rowing, as with our progress through life generally, steady, strenuous application is what is required in order to make headway. Spasmodic efforts, even though they may be very strong while they last, are of little avail in pulling against the tide.

THE sight of He and She in a row-boat, with "She" grasping in her little hands the lines that guide their course, reminds one of many who have embarked on the old ship *Wedlock* under similar conditions. She—bless her innocent, trustful little heart—thinks she is going to navigate the ship throughout the voyage! Don't shake her; she'll wake up soon enough, of her own accord.

SPRAY FROM THE OCEAN OF THOUGHT

WHAT a sense of Power there is in being always ready!

WHEN the time comes for us to "cross the range," Memory will be all that we can take away with us; and it rests with ourselves whether we shall carry an Incubus or a Blessing.

As well try to stem the tides of the ocean as try to stop the flow of thought currents between sympathetic souls.

ONE of the greatest enjoyments in connection with a beautiful and helpful saying, which we have culled during our literary browsings, is to pass it on to an appreciative friend.

IT seems paradoxical, yet nevertheless is it true, that, the more a girl really loves a young fellow, the keener is the delight, apparently, which she often takes, in hurting his feelings. And then knowing intuitively that she has done so, seeks the solitude of her chamber to have a genuine, sorrowful, remorseful cry! God bless 'em! "Who is't can read a woman?" as William of Stratford said.

CAP AND BELLS: Though the cap and bells of the jester, as part of his apparel, have practically disappeared, yet 'tis well that the "fool" lives on. People will often eagerly assimilate a sound, serious, logical truth, administered to them in homeopathic doses, to the jingle of a jester's bells, who would otherwise remain in disinterested ignorance.

SPRAY FROM THE OCEAN OF THOUGHT

UNFORTUNATELY, the great tendency with our general system of education, both in the home as well as in the school, is the vain endeavor to fashion all children in the same mould, to the lasting detriment of their greatest charm and birthright—their individuality.

ONE of the greatest mistakes made by parents is that of ignoring the fact, that no two children are born into this world with the same characteristics. Though to a casual observer young babies may look as much alike as peas in a pod, yet bear in mind that each little morsel of humanity represents an individual embodiment of countless ages of thought, and that, ere trying to mould a child in the one family cast, it is very essential to study and endeavor to understand that child. Cultivate each one's individuality and you will find that there will not be so many so-called "failures" in the world.

IF the individual who spoke of "sparing the rod and spoiling the child" meant to be taken literally, one has not much admiration for his system. If a child cannot be guided in the right path without the use of corporal punishment there must be something radically wrong with *the system of training*. The chief trouble is that many people do not begin the training process early enough. A child is never too young to be taught.

It does not take much to alter the whole course of a life. A look, a word, or a silent clasp of the hand, and the current of our existence flows henceforth in a different channel.

SPRAY FROM THE OCEAN OF THOUGHT

INSTEAD of arguing over the petty points of difference in your so-called religious beliefs, rather seek the points on which you are in harmony. You will find that when you rise above mere names, and view matters from a spiritual standpoint, that there is much—and that the most important part—on which you are in sympathy with each other.

TRUE religion is a product of the heart, not of the head.

MANY people seem to lack in their make-up what the watchmakers call a “compensation balance.”

THE population of this globe is made up of three classes of individuals, viz., those that are always thinking without acting, those that are ever acting without thinking; and lastly the comparative few that combine logical thinking with logical action.

FEAR is a sleepless demon ever lying in wait to accomplish the destruction of new hopes and ambitions; and, with the majority of us, it is a case of “The goblins will git you, ef you don’t look out.”

THE biggest fish we ever saw was the one that just escaped us; the finest fruit our eyes ever beheld was on a bough just beyond our reach.

RE burning your ships behind you—*remember Lot’s wife.*

SPRAY FROM THE OCEAN OF THOUGHT

WE often hear "imagination" rather sneeringly put forward to account for many of the remarkable cures effected through the agency of various Shrines, Christian Science and other kindred methods of healing. As long as the cure has been accomplished, it matters little what you call the means by which the desired effect has been brought about. If you are satisfied that the many wonderful cures—which cannot be denied—have been wrought solely in the "imagination" of the afflicted, instead of contemptuously sneering, would it not be more logical to cry, "*Vive l' imagination*"!

AMBITION is the spur that is ever trying to prevent us lethargically rejoicing in the arms of Contentment.

To a great and visible extent, our ideas are often materialized in our apparel, but far greater and invisible is the subtle influence exercised on our minds by the clothes we wear.

DO IT NOW ; don't put off a matter simply because "it will only take a few minutes to do presently." Remember that if only just five minutes is required in which to "do it now," the same amount of time will be needed anon ; when you may not be so well able to spare those few moments.

AFTER all, the hard-headed, intensely practical people, of whom we are so apt to speak rather depreciatingly at times, often serve as bell-buoys, to warn off the Rocks of Delusion those who are continually sailing on the Sea of Romance.

SPRAY FROM THE OCEAN OF THOUGHT

HOLY water: Tears of Joy from a pure, loving heart.

TREAT your body, not as *yourself*, but as something belonging to you, something which is in your immediate charge, and which it is not only your duty but a matter of vital interest to you, to keep in the best possible condition.

UNCONSCIOUSLY, we are ever impressing our personality upon all inanimate objects with which we come in contact.

A RASH individual indeed, who dares define the boundary line where the possible and the impossible meet.

THE way to instill others with a belief in you is to show them, not by words alone, but by deeds, that you believe in yourself.

To say that anything is "supernatural" is to automatically place a limit on Natural Law. How can anything that happens be supernatural? Before anything can be rightfully termed supernatural, there must of necessity be a definite limit to the natural; and who so rash, in these days of X-rays, wireless telegraphy, etc., as to attempt the task of fixing the boundary?

VEGETARIANISM engenders purity of body, and thereby paves the way for purity of Thought. *Mens sana in corpore sano.*

SPRAY FROM THE OCEAN OF THOUGHT

IF you *must* waste precious time and vital energy in impotent regret over something which you might have accomplished, but did not, just sit right down and turn on, wide open, the regret valve in your make-up. Having indulged your misery to the full, shut the valve, seal it tight, and let it so remain. Now, without indulging in further useless regret, accept the experience as a needed lesson, which shall be to you an incentive to do better in the future. If you begin to feel the desire to start regretting again, *do* something; occupation is the greatest of all antidotes for worry or regret.

INVARIABLY, those who are the fiercest in their denunciation of any "New Thought" movement are the very ones who, on account of their supreme ignorance of the subject at issue, are the least competent of any to pass an opinion concerning it.

FEAR is the relentless juggernaut to which we are continually sacrificing our fondest hopes and aspirations.

"I'VE come to the conclusion," said the bald-headed old gentleman who sat in the cozy-corner, behind a big cigar and a Scotch highball, "that Life is very much like a cocktail, with the exception that frequently in Life the 'bitters' are not so delicately blended with the 'sweets' as they are in a well-made Martini." And, judging by the color of his nose, he knew what he was talking about—when speaking of anything connected with the "wet goods" department of Life!

SPRAY FROM THE OCEAN OF THOUGHT

THE mastery of any subject depends, not so much on the length of time spent thereon, as on the degree of concentration applied.

A most excellent moral lesson, and one which should inspire us with firmness, decision and courage, is conveyed in the old quatrain relating to that plant, the stinging nettle:

Tender-handed stroke a nettle,
And it stings you for your pains ;
Grasp it, like a man of mettle,
And it soft as silk remains.

The stinging nettle, under timid handling, is found to be painfully aggressive; but when handled with firm, unhesitating courage, it is absolutely harmless.

THE food we eat undoubtedly exerts a strong influence over our thoughts; hence, as an inevitable consequence, largely dominates our actions.

To be ever earnest in aspiration and well-doing, is to "pray without ceasing."

WE are very free in expressing our opinions concerning the tricks and habits of the monkeys; it would be very interesting to know just what their opinions are regarding us.

JUDICIOUS advertising is the lubricator by means of which the wheels of business are kept revolving.

As we ourselves advance, so with our ideals; at no time can we see beyond our horizon.

SPRAY FROM THE OCEAN OF THOUGHT

WHEN the veneer of our so-called Christianity and Civilization gets rubbed off, the fact is revealed, that beneath the thin outer covering of conventionality and fear of the law, human nature—at the core—is about the same as it was when our ancestors' only covering from the winds of heaven was their blissful unconsciousness of impropriety.

IF unpleasant thoughts are trying to force themselves upon you, don't endeavor to overcome them by aggressive tactics; rather direct your mind to "still waters"—to something pleasant. Persist in this procedure for a while, and you will find that the unwelcome thoughts will quietly steal away, vanishing like darkness before the rising sun.

THE plan of reading over, the first thing in the morning, a few bright, helpful thoughts and then spending, say, fifteen minutes in silent meditation, will be found wonderfully beneficial, both from a physical, as well as a moral, point of view. It tends to adjust one to the higher forces of Nature; in other words, to put us "in tune with the Infinite."

A MAN never yet won the admiration and respect of a woman by always letting her have her own way. A woman's heart is "like the ivy, accustomed to cling," and intuitively it prefers to cling to the sturdy oak, rather than to the yielding poplar.

IN the scrimmage of Life, ordinary, every-day gumption often succeeds, where a college education fails.

SPRAY FROM THE OCEAN OF THOUGHT

ALIKE invisible to the eye, thought currents are as real as the currents of the air; and as soon as we fully realize the truth and potentiality of this, and apply the knowledge, in a practical way, to the affairs of Life, we have within our grasp, a mighty lever which, rightly applied, is capable of "removing mountains."

FORM the habit of writing at least one complete thought, grave or gay, each day. This may seem a small matter, but at the end of a year you will find, not only that you have amassed a written collection of your ideas—some of which at least are worth while—but that you have also benefitted very considerably, from an ethical point of view.

THE longer one lives, the more does one realize the immanence and immutability of God; not God as *a* Spirit, but God *as* Spirit. It was said by one, long since, "No man hath seen God at any time," and the more we realize the existence of that omnipresent over-soul, or God, the stronger is the conviction that that statement will be tenable throughout the long cycle of ages yet to come.

THE men who have left their mark on the pages of History have not been those who blindly followed in the footsteps of others, but have been men who have "blazed a trail" through the labyrinth of Life for themselves.

THE vast majority are in no danger of being lost in the Ocean of Thought, seeing that they never venture beyond the ropes set by the hand of Conventionality.

SPRAY FROM THE OCEAN OF THOUGHT

THE subject of pre-natalism is so full of potentialities which bear directly on the well-being of the human race that it is one of the most interesting and vital studies within our reach. No one in ignorance of the vast possibilities of pre-natal conditions is fully qualified to enter the marriage state.

WHAT an amount of useless anxiety we should be spared could we but fully realize the vital truth contained in that beautiful prayer breathed by John Henry Newman, known as "Lead Kindly Light," and so, at all times, supported by unwavering faith, be able to say, "one step enough for me."

WHEN, after calm deliberation, you have definitely decided that, in following a certain course of action, you are conscientiously doing that which is right and best, don't allow yourself to lapse into occasional states of fear and ferment by encountering imaginary difficulties. Ever hold before your eyes the ultimate success of your venture, and, instead of borrowing trouble in advance, learn to school yourself to more fully realize that the distant future should not be a source of agitation and depression of spirit—that it is the *now* that commands our attention, and that, if we attend to and do our best in the *present*, the future will take care of itself. And instead of wondering and fidgeting, as to what we will do under some difficulty which we have conjured up to meet us on our way, let us remember the words of a well known hymn, "Great your strength, if great your need."

SPRAY FROM THE OCEAN OF THOUGHT

THE practise of true Spiritualism consists in following, as nearly as one can, in the footsteps of the Master ; doing good to others, wherever and whenever we can ; in being *kind*.

ALL that is highest and best in the world, all that is beautiful and inspiring, everything that tends to bear us "onward and upward," is inseparable from true Spiritualism.

HAVE you ever noticed the curious fact that, as a rule, the smartest and cleverest people we have ever met have possessed many ideas in common with ourselves?

IF you cannot pass a cheerful remark to a friend on his healthful appearance, don't be one of the anxious crowd who are ever ready to say "how ill you are looking." More harm than we are aware of has been accomplished through the mediumship of that remark.

WHEN seeking to overcome physical pain, do not forget that pain is but an effect which shows that our system is out of harmony ; and that, before a permanent change for the better can be effected, the instrument must be put in tune.

IN proportion as superstitious reverence and unreasoning awe for the Bible decreases, so admiration, esteem and practical understanding of its many grand and beautiful truths increases.

SPRAY FROM THE OCEAN OF THOUGHT

UNLESS we say the words, as they are often said, in just a perfunctory sort of a way, not expecting an answer, it is, generally speaking, better that the words "How do you do?" be left unsaid. The very question gives the suggestion that there may be something the matter with the person addressed; and why should we presume such a thing? Is it at all necessary, does it do any good, to give a suggestion that is in any way connected with sickness? Decidedly not. You will find that you will accomplish much more practical good by substituting some cheerful form of salutation, instead of the time-honored "suggestion" in question.

WHEN you find yourself in company with some one who is feeling dull and despondent, don't let their state of mental depression ensnare you also. Rather watch your opportunity to say something cheerful and interesting to them; and so gradually change the current of their thoughts, and the result will soon be manifest in their personal demeanor.

POVERTY is the Spur of Life, Anticipation the spice, and Hope the lubricant.

ON a par with the individual who "didn't know it was loaded" is the one who, after thoughtlessly uttering some unkind remark to a fellow creature and subsequently realizing that he or she has been deeply wounded thereby, says, "You shouldn't take any notice of what I say; I didn't mean to hurt you."

SPRAY FROM THE OCEAN OF THOUGHT

AVOID, as much as possible, talking to others about your ailments. The doleful thoughts which you send forth will, after the manner of a boomerang, return to you again, intensified, by the added lugubrious thoughts of your auditors.

IF we all felt and thought alike this world would be a most monotonous place to live in.

THE chief trouble lies, not in the lack of opportunities, but in our failure to recognize and grasp the same.

LEARN to rely on your own judgment; do not be like one in a flock of sheep, following a "bell-wether."

ONE of the hardest lessons to be learned is that of Patience; that Patience which means, as a little Scotch girl said, "to bide a wee and dinna weary."

THE name Metaphysical or Spiritual Healing is, comparatively speaking, new; yet the principle involved, being founded on the rock of Truth, was old when the Sphinx was young.

WHEN, after calm and mature deliberation, you have formed a certain opinion, which you honestly believe to be correct, have the courage of your convictions. Do not silently allow your opinion to be brushed aside as being altogether wrong, simply because it does not happen to quite agree with that of someone who is endowed with greater powers of self-assertion than yourself. The chances are that you are right and the other wrong. There is such a thing as "morbid humility."

SPRAY FROM THE OCEAN OF THOUGHT

UNCHARITABLE, hateful thoughts, instead of really harming the one at whom they are projected, return like a boomerang and smite their sender.

It is impossible for the mental seeds of unrest and discord to produce a harvest of peace and harmony.

As long as the world wags, there will be "Micawbers" with us, ever serenely "waiting for something to turn up," whilst their more successful competitors in the struggle for existence are, by their own diligence and fixity of purpose, ever turning something up for themselves.

FAITH, without reason to support it, is often little more than mere credulity.

IF we are "girded with the armour of Light," which must of necessity be forged *within the wearer*, we need not fear the slings and arrows of any adversary.

WHAT a lot of the sorrow of this world is caused through misunderstanding. "Across the Range" matters will be very different; there we shall get the actual *thought* and so not be dependent on a faulty expression of the same.

How much useless work could be avoided if we would only exercise a little thought beforehand by formulating in our minds just what we wish to accomplish; and then, to use an expression of the printing office, "follow copy."

SPRAY FROM THE OCEAN OF THOUGHT

MUSIC expresses, in a language divine, thoughts for which words are inadequate.

NEVER allow yourself to be debarred, by timidity, from obeying the silent promptings of your heart.

LEARN to live one day at a time; do your best in the *NOW*. Though you may have laid important plans in connection with the future, take no anxious thought for the morrow. You will further your interests much more by being patient, calm and trustful. In this frame of mind you are giving, to the seed you have sown, the best possible conditions you can, for its development. By being in a harmonious, peaceful, receptive condition you not only are giving the immanent God—or Good—within you the opportunity to unfold, but you are, in addition, unconsciously exerting a centripetal force, which, reaching over the entire universe, attracts to you the very elements of success necessary for your undertaking.

TROUBLOUS thoughts naturally create inharmony in our mental system, and this lack of harmony eventually demonstrates itself in our physical system in the form of sickness or disease.

IF you have a manuscript which you know is good, don't be discouraged if it does not find anchorage at the first port to which you send it. Send it out again and again, and yet again, until at last, like Noah's dove, having found a resting place, it will return to you no more.

SPRAY FROM THE OCEAN OF THOUGHT

BE not content to "let the blessed sunshine *in*" only, but let us also strive to give *out* gleams of sunlight. In giving, we receive.

FLOWERS: Stars of the Earth.

A PERSON may be called a Brahmin, Parsee, Jew, Atheist, Buddhist, Mohammedan, or any other name, and yet be at heart a true Christian; one who anon, though the name even of Jesus has been unknown, will hear, in essence, the words, "Inasmuch as ye did it unto the least of these, my brethren, ye did it unto me."

THE true Mark Tapleyian spirit, to be jolly under distressing circumstances, is a consummation towards which we should all aspire. There certainly is no credit due us for being jolly if we have nothing to bother us.

WHEN one has no weight of care resting on him, how much easier it is to write pithy little aphorisms on the impotency of worry than it is, when many cares infest the day, to live up to what he has written.

WHEN clouds seem hovering o'er you, and everything looks dark, think of time spent in the sunshine, and listen in memory to the music of God's feathered choristers, the ever joyful birds merrily singing in the glen. Gradually, but surely, some of that memorized sunlight will steal into your being and gently dispel the overhanging gloom.

SPRAY FROM THE OCEAN OF THOUGHT

THERE are moments when, oblivious to all material limitations, we feel possessed of power as of the gods. This is our *real* strength seeking to manifest itself, and thereby giving us a glimpse of what might and would be could we but conquer our innate fear of material conditions. The marksman must keep his eye fixed on the point he wishes to hit. Remember, too, that thought is a creative force, and that every thought-wave of doubt or fear which you send forth attracts to itself similar thoughts, and eventually tends to mould the very conditions you wish to avoid.

IN time of prosperity it is an easy matter to sing "My Faith looks up to Thee"; but, to know the real value of our Faith, we must note our attitude *in time of trouble*.

AS viewed through the lens of their respective memories, a remark which suggests comedy to one person may, to another, suggest tragedy.

VERSATILITY is a most excellent and desirable thing, at times, and we are apt to feel a sort of admiration for the man who "can do so many things"; yet, oftentimes the accompaniment of versatility is an empty pocketbook, whilst the plodding individual who only knows how to do just the one thing, at which he is getting his living, has a comfortable home and a snug bank account.

TO be the happy possessor, or even to look at and e'en for a few moments handle, a beautiful handmade book leaves a sweet, gentle and indelible influence on one's life.

SPRAY FROM THE OCEAN OF THOUGHT

WITH regard to self-treatment, the unfortunate part is that when we most need it is the very time that we are in the worst condition to give it, and so we can understand why the admonition, "Physician, heal thyself," is oftentimes difficult to follow.

A LITTLE occasional fun and nonsense is to Life what the sparkles are to a glass of champagne.

PEOPLE sometimes speak of "losing" one-third of their lives in sleep. Did they but realize the vast potentialities which await the seeker along that line of research, they would rather view the region of slumber as a vast, unexplored country, abounding in precious gifts, which are to him who seeks.

THE laws of Nature are immutable. In bygone days, dreams or visions occasionally meant a great deal. If so then, why not *Now*?

A RAY of sunlight aroused within us, e'en though its duration be but for a moment, and though we may soon forget it, has yet left its indelible influence on our lives.

THOUGH the clouds hang heavy about us, a cheerful letter from a friend will oftentimes dispel the gloom and create life-giving sunshine within us.

MOST people are satisfied to say, "I believe." The few who lead the world in thought are only satisfied when they can say, "I know."

SPRAY FROM THE OCEAN OF THOUGHT

By searching into the vast possibilities connected with this life, such as those offered by a study of telepathy, for example, we—perhaps unconsciously at first, but surely—draw nearer to a truer and more perfect realization of the life which awaits us beyond the last milestone.

FIGURATIVELY speaking, “the handwriting on the wall,” is yet a frequent occurrence in most of our lives; but alas! like Belshazzar of old, we, from our incompetence to read, await the interpretation of a “Daniel.”

As a rule, it is not the pioneer, let the field be one of thought or physical action, who scores a success financially, but those who follow in his wake.

OUR greatest pleasures are not derived from what others do for us, but from what we do for others.

WHEN the stomach is crying aloud for sustenance, which cometh not, the brain is not in a favorable condition to transmit eulogistic aphorisms on the philosophy of poverty!

THE danger of versatility, considered in the light of being detrimental to one's success in life, does not come from versatility *per se*; but, rather, from lack of concentrative force wherewith to apply ourselves.

THERE are no free passes on the Road to Heaven; no scalper's tickets to be bought; and only one non-transferable passport obtainable by each individual—and that to be gained, not by the transfer of dollars and cents, but by working one's passage, the only way to reach the celestial terminus.

SPRAY FROM THE OCEAN OF THOUGHT

SOME of the greatest changes in our lives appear to hinge on the merest trifles.

STEADY, persistent, unwavering effort is the golden key, which unlocks the door of Success.

DIVORCE: A much-abused blessing.

IF ever the time comes when large feet are considered a mark of beauty, what a chance there will be for universal expansion.

THE most vehement denunciators of the peaceful pipe or fragrant cigar, are those who have never known the pleasure of a tranquil smoke.

WHEN the question as to what becomes of the flies in winter, is definitely settled, we shall perhaps be able to elucidate the problem as to what becomes of the old men in our large cities.

THE silent voice of Doubt is the skeleton which is ever insiduously obtruding itself into our most cherished hopes.

THE Imagination of one age is the Reality of the next.

PROPINQUITY, rather than heaven, is responsible for the majority of the matches that are made.

THOUGH we may experience a thrill of intense pleasure on visiting scenes which are entirely new to us, the acme of joy is reached when we find in them reminders of happy days that have been.

SPRAY FROM THE OCEAN OF THOUGHT

To those who have once lived for any length of time in the mountains, whenever and wherever they may in after life find themselves in proximity to the everlasting hills, a feeling of joyous enthusiasm is experienced, which has a kindred feeling to that which we feel on meeting a long-lost friend.

BLESSED is the man who knows when to keep silent.

WHENEVER the sweet old name of Dorothy is mentioned in one's presence one seems to hear the hum of a spinning wheel and also get a mental glimpse of a rosy-cheeked little maid, with cap on head and buckles on her shoes, dancing the stately minuet.

SYSTEM is the pivot on which turns the life of the successful worker.

THE shallow brook babbles whilst the deep and fathomless river flows on in *silence*.

THE last day of the year: Those who cannot control themselves even for a day, are generally the ones who, at this time, make, with the utmost *sang froid*, the greatest number of resolutions to be enforced by themselves, on themselves, for an entire year.

'Tis not mere location that makes a home, but that attribute of God—kindness.

BIRTHDAY wish: That each successive milestone on your journey through Life may be enwreathed with happy memories of the past, is the heartfelt wish of ———.

SPRAY FROM THE OCEAN OF THOUGHT

PATIENCE: The silent lesson of Nature.

SYSTEM is the balance wheel which regulates the machinery of all business.

MUSIC is the voice of the Soul.

How often, in looking backward, do we realize that we have gained benefit by losing of our prayers. How many of our erstwhile longed-for and unattainable stars have dwindled down to the magnitude of farthing rushlights!

IF the keeping of good resolutions was only as easy as the making of them, what a crop of new candidates for halos there would be, at the end of each year.

SUFFERING is as essential to the growth of the soul as moisture is to the growing plant.

IN the building up of character, which is the individual, it is not actual success or failure, but *earnest effort*, which counts.

It often happens that the most shining examples of true Christianity are found amongst those who are regarded by many so-called Christians, as either athiests or heathens.

A COLD bath is a coat of liquid armour.

A SNOWBALL rolling downhill and a libelous story being passed from one to another are much alike, in that they both increase as they go.

SPRAY FROM THE OCEAN OF THOUGHT

MOMENTUM is one of the greatest essentials to success in matters of brain or brawn. Without it, of what use are the highest resolutions, either to be or to do?

SELF-DISCIPLINE is not alone of the greatest benefit to its votary, but the one who practises it unconsciously exercises a far-reaching influence for good amongst others.

HOPE is the alchemist that transmutes dread despair into sanguine potentiality.

SILENCE is the voice of God.

Do your work as well as you can, and, while recognizing the fact that others may equal your efforts, make it impossible for them to be surpassed. With this aim ever in view you must succeed.

TRUE spiritual growth cannot develop of itself alone; it is to the material body, with its physical senses, as the perfume is to the rose.

HEADACHES are Nature's danger signals.

REMEMBER that a gunner, firing at a target, must always aim a little above his mark—never *below* it. In aiming high we may strike a little below our mark, but in aiming low we shall never strike higher than our aim; therefore, *aim high*.

INK is a most useful and widespread invention, which has succeeded in making its mark wherever it has been introduced.

SPRAY FROM THE OCEAN OF THOUGHT

AFFINITY is the unseen lubricator which facilitates, beyond measure, our dealings with one another in matters pertaining to business, as well as socially.

THERE are very few of us who are not, more or less, slaves of atmospheric influence. Only those who have perpetual sunshine in their souls are proof against the depressing influence of a dull, foggy day.

IF you wish to acquire the reputation of being about as shallow-brained as a soup-plate, get into the habit of giving an empty little laugh after nearly all your remarks, as well as after those of others.

AFFECTATION is never the sign of a strong character.

WORK is life's appetisant for rest.

NEVER mind how strong, in the aggregate, your opponent may be, he is no stronger than his weakest point. Little David not only knew his opportunity as to when, but also *where*, to strike the giant Goliath.

THE shadows cast by coming events are often made manifest to us in dreams.

CAPITAL punishment is a blot on the escutcheon of so-called civilization.

HARMONY is the key-note of the universe.

SPRAY FROM THE OCEAN OF THOUGHT

TRUE success in life is not always accompanied by a big bank account.

EVERY married couple should have a "separation"—for a few weeks at least—each year.

OUR word is one of the few things we can give to another and at the same time keep ourselves!—Would that the "rint" could be covered in like manner.

REGRET is only of use to us when it becomes an incentive to future betterment.

IMAGINATION is the foundation of all that is, was, or ever shall be.

E'EN though all churchly creeds and formulas shall pass away, true religion will ever, as now, stand, strong and serene.

DEATH is the portal through which we all must pass, to find on the other side that which we, by our lives here, have created for ourselves.

BE ready to take advantage of an advantage when it presents itself; grip it and hold to it with tenacious purpose, follow it up, don't let it slip away from you.

How can we dare presume to understand and pass judgment upon others, when at the same time we are woefully lacking in knowledge of ourselves?

SPRAY FROM THE OCEAN OF THOUGHT

THINK, plan, act; and having done your best, don't be like a child who has planted a slip, and is all the time digging it up, to see if it has taken root; but go about your business and "doe ye nextte thynges," and the seed you have sown will mature in its own good time, all the better for the fact that you have left it alone.

WE, like photographic plates, need to pass through the dark room—in our case, the dark-room of adversity—in order to develop the highest and best in our natures.

AMBITION is the chief spur which helps a man to hold his place in the surging procession of Life.

HEREDITY is the ubiquitous voice of the past.

BABIES are oftentimes the silken cords by means of which the home is kept together.

PURGATORY, like heaven or hell, is a condition; and it rests with ourselves, here and now, how long a time we shall spend therein, for there we shall have to confront, face to face, the ghostly consequences of our past misdeeds. That "the purifying fire of God's influence" will ultimately reach, even those in the darkest corner, none, who believe in a loving Father and Mother, God, can doubt. And what more beautiful than the thought that we, by our earnest prayers, can join the ministering angels of heaven in aiding some poor undeveloped soul to get a glimpse of the light which is to lead it onward and upward.

SPRAY FROM THE OCEAN OF THOUGHT

DEATH and resurrection are ever in our midst. Even the sorrows which we bury with bitter tears often rise again and come to us as blessings.

CONFESSION is the safety-valve of many a troubled heart.

SELF-KNOWLEDGE: Let every one endeavor to become acquainted with their capabilities, physical, mental and spiritual, then make earnest use of their ever-widening knowledge.

HAPPY moments, like kind words, can never die; they may lie sleeping, but, at a touch of the magic wand of memory, they come again, in spirit, to comfort and cheer us.

How many square pegs there are trying to fit into round holes, simply from a lack of self-knowledge.

SELF-KNOWLEDGE is at once the most conservative and yet at the same time the most comprehensive study one can pursue.

ALAS for the one whose Past is enwreathed with the withered buds of lost opportunities.

THE husband who cannot see anything to admire in anyone but his wife, and the wife who is as blindly infatuated with her husband, are each like unto a person in a lovely flower garden who has eyes for one flower only. Because we admire and love the beauteous rose, must we ignore the sweet and modest violet or the drooping, graceful lily?

SPRAY FROM THE OCEAN OF THOUGHT

THE brain of a person is no more the originator of a lofty idea or a sublime thought than a musical instrument is the originator of soul-inspiring music.

SELF-CONTROL is to a human being what the balance-wheel is to a timepiece, or what the governor is to an engine.

DISAPPOINTMENTS are the necessary shadows of life. With character, as with the flowers, shade is necessary for development; perpetual sunshine would tend to enervate, instead of strengthen.

IN algebraic problems, the unknown quantity, is represented by X; in connection with social problems relative to the sexes we designate it W-O-M-A-N.

PHILOSOPHY is the science of reasoning which enables us to view things in their true light, with special reference to the natural law of cause and effect, and in the realization of the truth comes freedom from that vampire which feeds on soul and body alike—worry.

NOT in the mere action of abstinence from flesh on one particular day in the week does the soul gain strength; but it is in the overcoming of self that the spirit strengthens.

MORAL courage is the most courageous courage of all.

SPRAY FROM THE OCEAN OF THOUGHT

It may sound paradoxical, yet it is nevertheless true, that sheer, unmitigated laziness has played a very active part in the progress of the world. Many of the most valuable inventions have been the direct outcome of ideas which were evolved in the brains of individuals who, from positive indolence, essayed experiments whereby they might lighten their tasks.

PUNCTUALITY is the essence of Good Form.

PREJUDICE is a tyrant whose fetters are generally hard to break.

HAVE you ever noticed, on entering some homes, how a feeling of peace and rest comes over you; whilst in others, as soon as you enter, you begin to feel all *hors de combat*? What causes this difference? The undeniable fact that the very walls, and the inanimate objects within those walls, manifest in a most subtle, yet nevertheless decided manner, the influence, harmonious or otherwise, of those whose lives are passed within and amongst them.

MANY people who find it a most easy matter to preach on and extol the merits of economy, when they have not anything to be extravagant with, apparently forget their own precepts when they have the opportunity to practise them.

JUST punishment, in the shape of inevitable consequence, ever attends the unworthy deed or thought.

SPRAY FROM THE OCEAN OF THOUGHT

THOSE who do not fully appreciate, or in other words "catch on" to the oft-times discriminating subtleties of slang, had better leave it alone.

ONE of the greatest and most helpful joys of this life is reading. By reading good books we get *en rapport*, soul to soul, with the brightest and best minds of the past and present.

FAITH is the unseen balancing pole which we ever need carry in our hands on our journey through life.

DON'T wait for big opportunities, but seize and make the most of available little ones, and so be better prepared to grasp the greater when they come.

ONLY by sympathy with the human can we, in any degree, realize the Divine.

SIN is something we can see much better and clearer in our neighbor than in ourselves.

STUBBORNNESS is that characteristic of other people which manifests itself when they decline to do as we want them.

BAD thoughts are the progenitors of bad deeds.

SPRAY FROM THE OCEAN OF THOUGHT

WHO can look into the tender, liquid eyes of either a loving horse or a dog and doubt that they—the eyes—are but the windows of a soul which has been and will go on evolving higher and higher? There is but one life; but infinite in varieties of form is that life during its different stages.

HONOR is the plumb-line of life.

WHY wait for the first of January to make good resolutions? Despite what the calender may say, each day that dawns is a New Year's Day; and the time to make and keep good resolutions is *Now*.

HARMONY is the foundation of good health; the physical is practically but a reflection of the mental or spiritual, and a calm body cannot be projected by a perturbed mind.

BABIES are little rose-buds of vast potentialities.

RESURRECTION follows so-called death, as the morning follows the night; nothing can die.

THE chief aim of religion should be to teach man how to live aright—*NOW*. If we live rightly *now*, the future need give us no concern; it will take care of itself.

SUICIDE is a short cut to positive knowledge of the life beyond the river—but what about the cost?

SPRAY FROM THE OCEAN OF THOUGHT

ADVERSITY is a lash which frequently blesses e'en while it cuts us.

ERE lamenting our poverty, let us look around, and the sight of heart-rending misery patiently endured by others much less fortunate than ourselves will often make us feel rich.

SPEAKING a kind word is like dropping a pebble in the water; its influence is felt in ever-widening circles that extend far beyond our ken.

HELL is a subjective condition induced by the violation of natural law.

INGRATITUDE is frequently encountered in human beings, but seldom in the so-called "brute creation."

A MOTHER'S love is a flame, than which no clearer burns on earth or in heaven.

A BIRTHDAY wish: As the milestones of life glide by, may you ever, not only keep up with the procession, but be able to get a seat on the band-wagon, is the wish of —.

REST does not of necessity imply a state of utter idleness or passivity; true rest is more often simply a change of occupation.

FORGETFULNESS, though not generally included in the category of sins, sometimes comes pretty close to the boundary line.

SPRAY FROM THE OCEAN OF THOUGHT

LOVE is the hub of the wheel of life.

SHATTERED hopes are often the foundations of great achievements.

SARCASM is a vehicle of speech by means of which hot shot can be fired under the guise of snowballs.

FLASHLIGHT pictures are not necessarily untruthful because they generally tell stories.

Do your best at whatever you undertake. The artist who, relatively speaking, takes the same care and pains in painting a pig-sty as he would a palace is the one who is bound to succeed.

DON'T be a mental derelict floating around on the sea of other peoples' opinions; learn to think for yourself.

A MAN who is a comparative stranger to his real self cannot possibly form but a superficial opinion of others.

A LITTLE philosophy is oftentimes the finest oil with which to calm the troublous waters of life.

THE "little leaven that leaveneth the whole lump" of one's troubles is oftentimes that gift of the gods—philosophy.

SPRAY FROM THE OCEAN OF THOUGHT

ONE of the greatest barriers to unfoldment is prejudice, generally founded on opinions formed of something we really know nothing about.

SOMETIMES, in our dreams, we undoubtedly get a foretaste of that life beyond the range.

NEVER hesitate to apologize if you are in the wrong. Far from being a sign of weakness, as many seem to think, it demonstrates strength and nobility of character.

A POOR talker who speaks in praise of teetotalism at a temperance meeting will meet with a much better reception than a brilliant orator who extols the flowing bowl. There is a time for all things, and the fact of knowing *how* to speak is of secondary consideration to knowing *what* to speak.

CONCENTRATION is the "open sesame" before which barriers we had deemed well-nigh impregnable give way.

PASSIVITY, receptivity, action.

EARNEST concentration should of necessity embrace confidence, and of these twain is begotten conquest.

ABUNDANCE is—enough. ENOUGH is—abundance.

SPRAY FROM THE OCEAN OF THOUGHT

PERSISTENCY, consistency and insistency form a trinity which is hard to beat.

IF we could only talk without using words, how much better we oftentimes would understand each other.

THE speeches and promises of the landlord may, and alas often do, come under the head of "hot air"; but that fact does not heighten the temperature around cold radiators.

How easy to let go the thread, but alas how difficult to pick it up again.

IF you are not feeling happy, don't go around with the inscription, "I am miserable" plainly depicted on your countenance. You will only arouse depressing thoughts in others, which, again reflecting on you, will make your mental state worse than before. Cultivate a happy look, anyhow. You will then arouse bright helpful thoughts in others, which will in like manner reflect on, but in place of increasing your mental gloom, will help you.

A LITTLE time spent in systematizing is a paying proposition from the start, and is an investment which pays dividends.

IN this period of thought, so connected with the power of the mind over the physical body, let us not ignore the definite effect of the physical body over the Mind.

SPRAY FROM THE OCEAN OF THOUGHT

To clearly and definitely realize just what part fate plays in our life is what our Scotch friends call a "kittle point." Beaconsfield says, in one of his books, that a man's destiny is beyond his control, but his conduct is in his own power. This view, though not perhaps to be regarded as final, yet is good, as it tends to impress on us the necessity of doing our best under all circumstances, to live in the present—the *NOW*—and let the future take care of itself.

THERE are very few women, or men either, who, when no one was looking, have not at times kissed, because of its associations, some inanimate object, such as a faded flower, a photograph, or a lock of hair. Though we do not advise the market place as the spot for an exhibition of sentiment in this manner, there being a time and place for all things, we do say, if you feel like kissing a lock of hair, or any other tangible link in connection with the sweet memory of days that are gone, kiss it. Be true to your inmost impulses, to your nature—be yourself. Life comes through expression; repression, as Fra Elbertus says, is stagnation, death. We grow from within; and the strongest, most sterling characters, the manliest men and the most womanly women, are not found in the ranks of those who sneer at sentiment.

OPTIMISM is that characteristic which enables one to ride through life, by the daylight route of hope, instead of by the subway of despair.

SPRAY FROM THE OCEAN OF THOUGHT

WHO can define *Time*? It is, was, and ever will be; yet it has no fixed standard, all is relative. Under certain conditions, in the space of a few brief moments—as reckoned by the dial—one may seem to live years. And, during periods of great happiness and joy, we are apt to lose sight of Time completely. Even as perfect Love casteth out fear, so perfect joy annihilates Time.

It is the *little* things that separate us from success—not the big ones.

SPIRIT friends are ministering angels sent by the Father to cheer and guide us on our journey to the “lang hame.” And our failure to realize their helpful visits is no proof that they come not. As Emily Dickinson (a friend and schoolmate of Helen Hunt Jackson) says, “Not revelation ’tis that waits, but our unfurnished eyes.” Knowing the truth; we should be able to say, with Whittier:

“I have *FRIENDS* in Spirit Land,
Not shadows in a shadowy band,
Not *others*, but *themselves* are they.”

NOTHING “they say” can hurt us, only in proportion as we invest the words with power to do so. If the cap does not fit us, why need we care? As a philosophical young girl we knew *lang syne* used to remark, concerning what “they said” about her: “I don’t care what they say about me, as long as they don’t speak the *truth*.” There’s the rub.

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